



Team Nutrition

Carrie Scheidel, MPH
Patti Delger, RD, LD

Team Nutrition

- Improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines and MyPlate
 - Training and technical assistance
 - Fun and interactive nutrition education
 - School wellness policy development, implementation and assessment



HealthierUS School Challenge

- Certification initiative that recognizes schools
 - Improving food and beverage offerings
 - Teaching students about nutritious food choices
 - Providing opportunities for physical activity
 - Having supportive wellness policies
 - Smarter Lunchroom
- 82 Award Winning Schools in Iowa



Wellness Policy 101

- Nutrition education, physical activity, nutrition guidelines
- Evaluate progress and update the public: web site, newsletter, meetings
- Involve key stakeholders
- Evaluated as part of Nutrition Program Administrative Review



State Agency Review Process

- Districts should keep the following on file:
 - ✓ A copy of the current Local School Wellness Policy
 - ✓ Documentation demonstrating the policy and most recent assessment has been made available to the public
 - ✓ Documentation of the district's efforts to review and update the Local School Wellness Policy
 - ✓ Including who is involved
 - ✓ Methods used to create awareness of involvement
 - ✓ A copy of the district's most recent assessment

Does Your District Wellness Policy Measure Up?

Ensure your school/district is a safe, happy, and healthy place for kids to learn and grow. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation.

- ☐ District has current wellness policy
- ☐ District wellness policy has goals for nutrition promotion
- ☐ District wellness policy has goals for nutrition education
- ☐ District wellness policy has goals for physical activity
- ☐ District wellness policy has nutrition guidelines for all foods available on each school campus
- ☐ The nutrition guidelines promote student health
- ☐ District has designated at least one official charged with responsibility to ensure each school complies with wellness policy
- ☐ District permits involvement of the following people in the development, implementation, review, and modification of the wellness policy:
 - ☐ Parents
 - ☐ Students
 - ☐ School Food Service Staff
 - ☐ Teachers of Physical Education
 - ☐ School Health Professionals
 - ☐ School Board
 - ☐ School Administrators
 - ☐ General Public
- ☐ District informs and updates the public on the content and implementation of the wellness policy
- ☐ District has a system in place to periodically measure the implementation of the wellness policy
- ☐ District makes the wellness policy implementation assessment available to the public:
 - ☐ The extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy
 - ☐ The extent to which the local school wellness policy of the local educational agency compares to model local school wellness policies; and
 - ☐ A description of the progress made in attaining the goals of the local school wellness policy

As part of the new Administrative Review process, Iowa Department of Education's Bureau of Nutrition and Health Services will now review and assess school wellness policies.



You can find more information on School Wellness Policies here:
<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>
 or contact schoolmeals@iowa.gov



School Name: _____

District Wellness Contact Name/E-mail: _____

This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language (add more lines for goals as needed and change goal titles based on local policy language)		Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals						
1.						
2.						
3.						
4.						
Physical Education and Physical Activity Goals						
1.						
2.						
3.						
4.						
Foods Available to Students						
1.						
2.						
3.						
4.						
Classroom Settings						
1.						
2.						
3.						
4.						

Group Discussion



Group Discussion

- When was the last time your district wellness policy was updated?
- When was the last time the wellness committee met?
- Who is involved with the school wellness committee?
- How does your district inform the public?
- What changes have occurred as a result of the school wellness policy?
- Are students involved with school wellness at your district?
- Share one positive thing that is going on in your district related to school wellness.


Smart Snacks 101

- Healthy Hunger-Free Kids Act (Federal Law)
 - School Meals
 - **Competitive Foods**
 - School Wellness Policy
- Competitive Foods
 - Items not part of a reimbursable meal





All products
SOLD




Entire school
day

(midnight to 30 minutes after the
end of the school day)



Entire school
campus



NOT classroom
parties



NOT evenings,
weekends or
community
events



IS YOUR SNACK A SMART SNACK?



[Product Calculator](#)

*See which snacks & beverages
meet Smart Snack guidelines.*

<http://tools.healthiergeneration.org/calc/calculator/>



SMART SNACKS PRODUCT CALCULATOR



Smart Snacks Product Calculator Results

Brand:

Simply Balanced

Product Name:

Raspberry Fruit on the Bottom Greek Yogurt

Serving Size:

150.00 g

First Ingredient:

Cultured Pasteurized Grade A Nonfat Milk

- Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 150.00 g ⓘ

Amount Per Serving

Calories 110

Calories from Fat NA

Total Fat (g) 0

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 50

Carbohydrates

Sugars (g) 13

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

START OVER

PRINT FOR YOUR RECORDS

Oatmeal Chocolate Chip Cookie

Iowa Department of Education

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Recipe

Jul 2, 2015

Recipe: 001929 SS OATMEAL CHOC CHIP COOKIE
Recipe Source: KANSAS
Recipe Group: DESSERTS

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:
Number of Portions: 34
Size of Portion: EACH

019335 SUGARS, GRANULATED.....	3/4 CUP
019334 SUGARS, BROWN.....	3/4 CUP, unpacked
903335 SHORTENING, VEG. CRISCO TRANS FAT FREE.....	1/2 CUP
903639 APPLESAUCE, CANNED, UNSW, W/OUT SALT, UPDATED....	1/4 CUP
001124 EGG, WHITE, RAW, FRSH.....	4 large
002050 VANILLA EXTRACT.....	1/2 TSP
050458 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO SALT.....	2 CUP
051429 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED.....	1 CUP
051434 FLOUR, WHOLE WHEAT.....	1 CUP
107922 BAKING POWDER.....	1 TSP
018372 BAKING SODA.....	1 TSP
990028 SALT, TABLE.....	1/2 TSP
903640 CHOCOLATE CHIPS SEMI SWEET MINI.....	1/2 CUP

*Nutrients are based upon 1 Portion Size (EACH)

Calories	118 kcal	Cholesterol	0.00 mg	Sugars	*9.80* g	Calcium	*7.22* mg	31.88%	Calories from Total Fat
Total Fat	4.20 g	Sodium	101.79 mg	Protein	2.04 g	Iron	*0.61* mg	10.39%	Calories from Saturated Fat
Saturated Fa	1.37 g	Carbohydrate	18.13 g	Vitamin A	*0.47* IU	Water ¹	*3.48* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.19 g	Vitamin C	*0.00* mg	Ash ¹	*0.18* g	61.24%	Calories from Carbohydrates
								6.88%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.



Recipe in packet!

More Recipes Coming!



- Whole Grain Cereal Bar
- Wacky Cake
- Yogurt Parfait
- Banana Oatmeal Bread
- Popcorn Trail Mix
- Maple Muffins
- Crispy Granola

**Please share
with others in
your district!**

Smart Snack



**Allowable snack
items must have 250
calories or less.**



100% fruit juice
diluted with water
is allowable at all
grade levels.



Fundraisers involving
food held during the
school day are not
allowed.



**Birthday parties must
follow Smart Snacks.**



**Sports drinks can be
sold at middle school.**



An entree served at
breakfast can be
sold a la carte at
lunch the same day
and the day after.



TEAM

NUTRITION



IOWA

Elementary Workshops

- Building workshops led by registered dietitian nutritionists (RDNs)
- School wellness environment: nutrition education, physical activity
- Staff professional development
- \$500 sub-grants
- HUSSC assistance
- Request an application from Carrie (carrie.scheidel@iowa.gov)



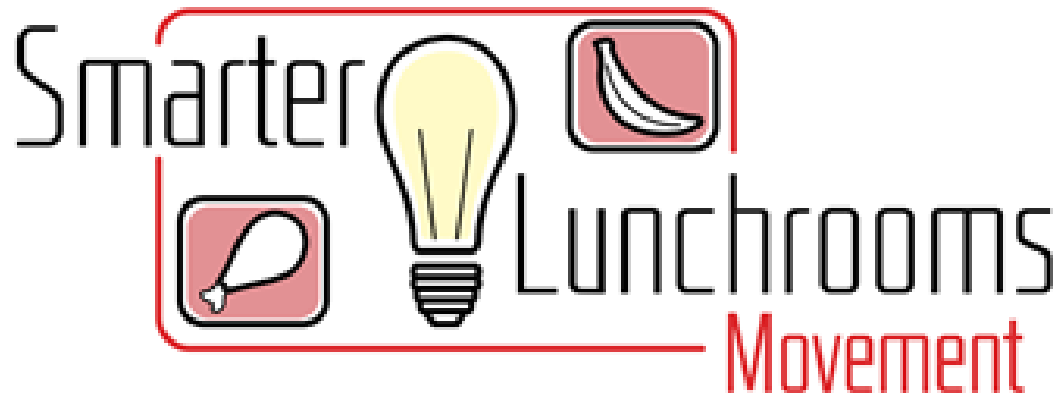
School Wellness Workshop

- FSD, PE teacher, school nurse, administrator, wellness champion
- Smarter lunchrooms, wellness policy, physical activity, nutrition education
- Mileage and sub-pay will be available
- In Partnership with IDPH's 1305 CDC Grant and Iowa State University's SWITCH grant



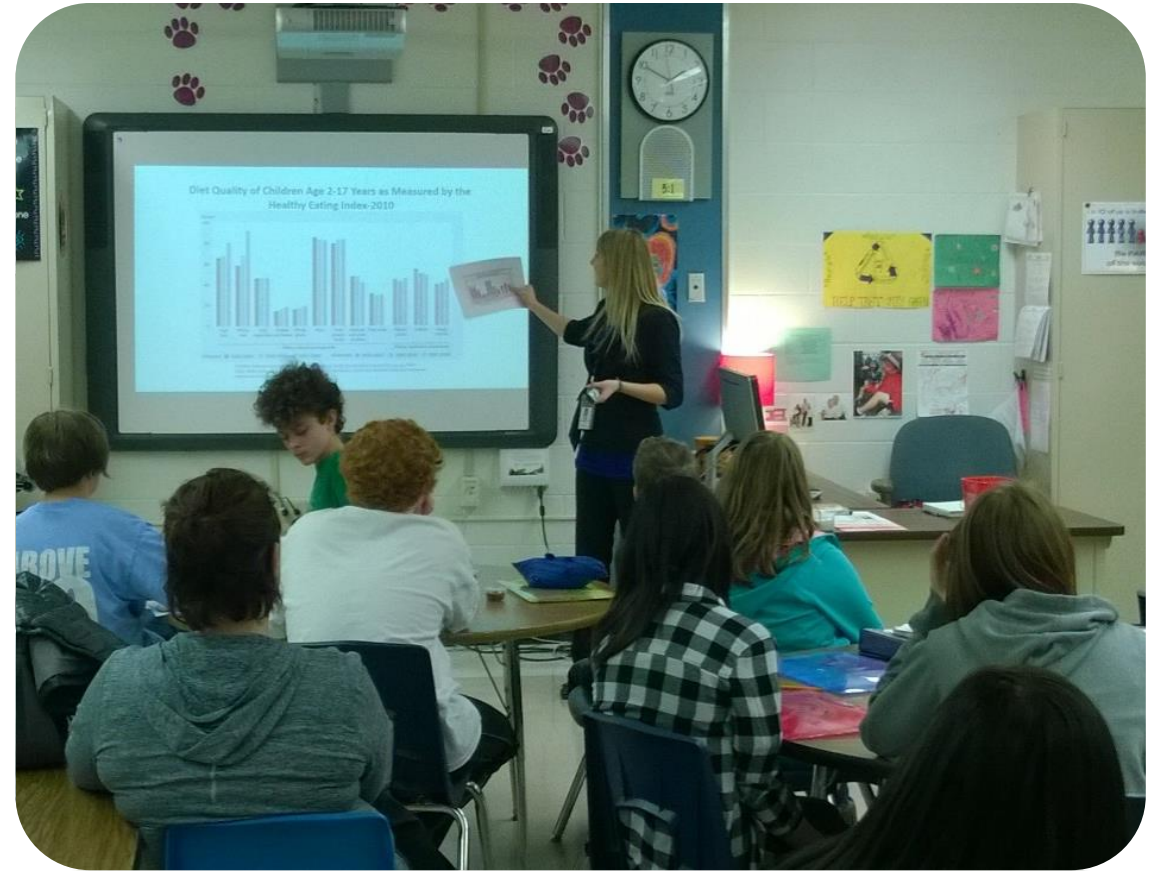
Smarter Lunchroom Project

- 5 Iowa High Schools
 - Harlan
 - Highland
 - Lisbon
 - Muscatine
 - Sumner-Fredericksburg
- Led by the University of Iowa
- Involve food service staff and a team of high school students
- 4 on-site visits
- Pre and post data and pictures
- Smarter Lunchroom Scorecard



Family Consumer Science Conference

- Guest speaker
- Tour of the kitchen
- Taste recipes
- Student feedback
- USDA Foods
- Smarter Lunchroom



Amanda Brown – Cedar Rapids

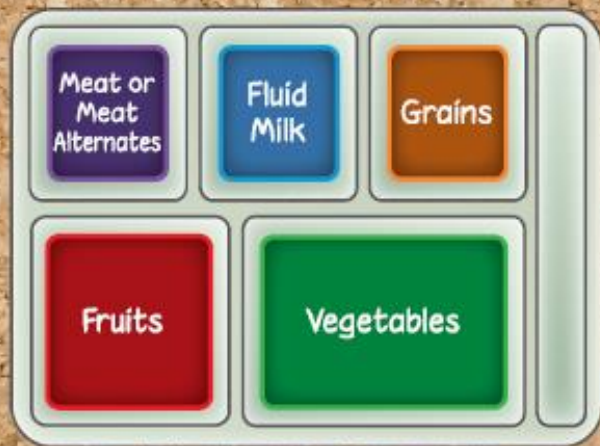
Build a Healthy Lunch

Meat or Meat Alternates	Fluid Milk	Grains	
Fruits	Vegetables		

Choose at
Least 3
Colors

Make sure to
take a fruit or
vegetable to
make a lunch!

Today's Menu



Choose at least
3 colors. Make
sure to take a fruit
or vegetable to
make a lunch!

Fruit Choices

Vegetables Choices

Meat or Meat Alternate Choices

Grain Choices

Fluid Milk Choices

Other Choices that are Part of the meal today include:

Newsletter

schoolmeals@iowa.gov



April
2015

Healthy Schools Healthy Students



Pinterest Idea of the Month!



Easter Egg Fitness Treasure Hunt
Write clues on pieces of paper and place eggs based on the clue. Children complete the physical activity before moving on to the next egg. For sample clues, [click here](#).

Every Kid Healthy Week (April 19-25) is a annual observance to celebrate the great efforts of schools to improve the health and wellness of their students. Evidence shows students who eat right and are physically active in school learn healthy lifelong habits and are better equipped to succeed academically. Join us in taking the Every Kid Healthy Pledge to show your commitment and get information you need to create healthier school environments.
www.everykidhealthyweek.org



The Governor's Youth Action Award

A newly developed award to honor the wellness efforts of Iowa students in kindergarten through twelfth grade. Iowa students have the opportunity to submit posters, essays and/or videos showcasing active and healthy lifestyles. The submissions can be part of a class assignment or completed at home.

All entries will receive a participation ribbon. Submissions will be competitively judged and individual winners will receive recognition from Governor Branstad. Ninth through twelfth grade submissions are eligible for monetary scholarships. [Click here](#).



Bring a Healthy School Workshop to Your School!

The Iowa Department of Education's Team Nutrition Program is partnering with the Academy of Nutrition and Dietetics Foundation to hold workshops led by registered dietitian nutritionists (RDs) across the state this fall. The workshops will provide training for elementary teachers and staff to support a school wellness environment through nutrition education and physical activity.

Workshop Learning Objectives:

- Participants will be able to summarize the purpose of the wellness policy and key goals
- Participants will be able to integrate nutrition and physical activity into the classroom setting
- Participants will be able to identify existing school wellness resources

For more information, including the workshop application, please [click here](#) or contact carrie.scheidel@iowa.gov.



Resources



Order Form for FREE Nutrition Education and Promotional Materials



District Name: _____
Contact E-mail: _____
Mailing Address: _____
Contact Name: _____
Contact Phone: _____
City and Zip: _____

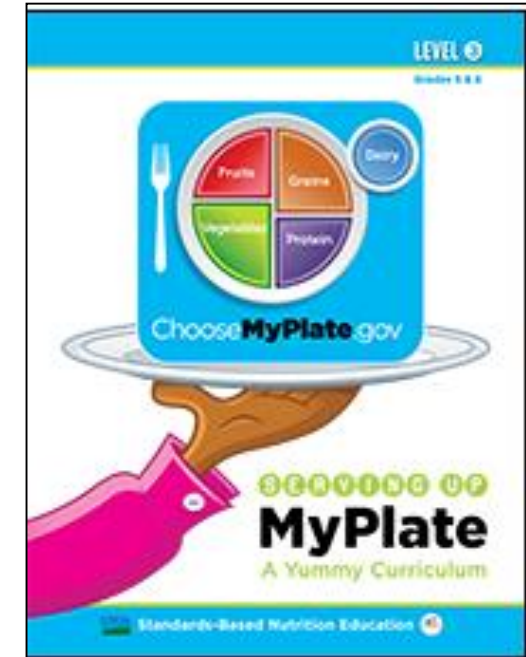
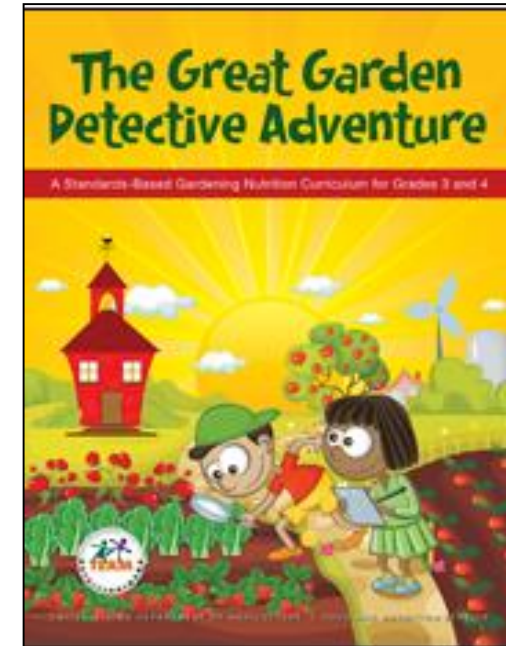
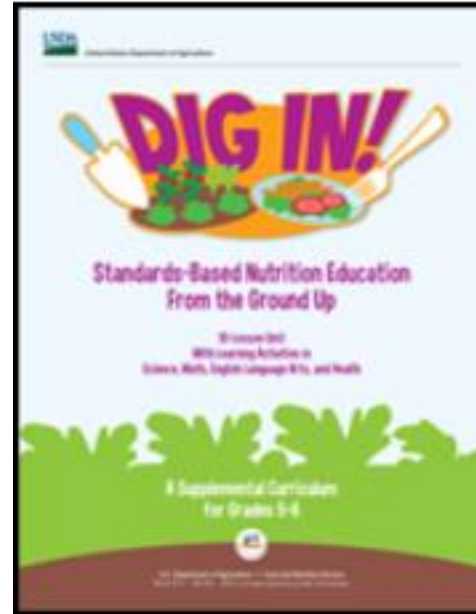


Quantity Nutrition Education Materials



- Discover MyPlate Nutrition Education for Kindergarten**
Interactive lessons that include Math, Science, English Language Arts, and Health. Each set comes with emergent reader mini books, a song, food group cards, look and cook recipes, parent handbooks, student workbooks and a poster.
- Serving Up MyPlate Grades 1 & 2**
- Serving Up MyPlate Grades 3 & 4**
- Serving Up MyPlate Grades 5 & 6**
A collection of classroom materials that integrates nutrition education into Math, Science, English Language Arts, and Health. Introduces the importance of eating from all five food groups using the MyPlate icon with a variety of hands-on activities.
- Great Garden Detective Adventure Grades 3 & 4**
Connects the school garden to the classroom, school cafeteria, and home. Includes 11 lessons, bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.
- Dig In! Grades 5 & 6**
10 lessons that engage students in growing, harvesting, tasting, and learning about fruits and vegetables and includes parent handouts and posters.
- Nutrition Voyage: The Quest to be Our Best (Grades 7 & 8)**
Three lessons for 7th grade and three lessons for 8th grade, take students on an exploratory journey into school wellness. Opportunities for students to investigate, participate in a challenge, evaluate, and reflect.
- Team Nutrition Popular Events Idea Booklet**
Fun ways to promote nutrition and physical activity at your elementary or middle school. Includes ideas for 20 themed events, large and small and supporting handouts, templates, and other resources.

Nutrition Education Curriculum

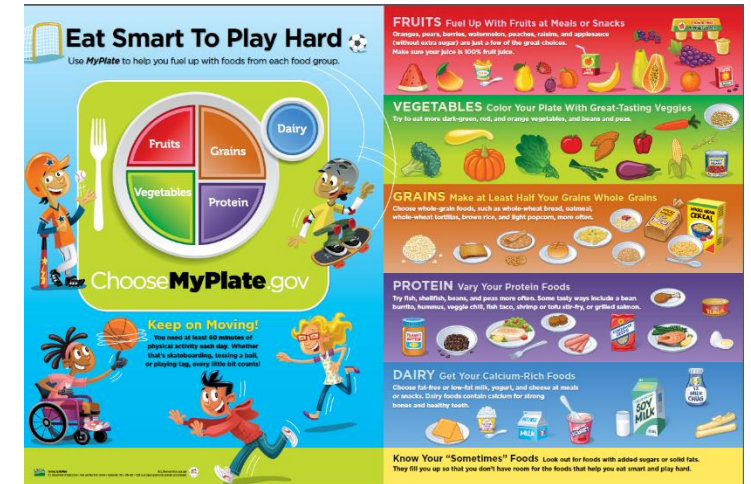
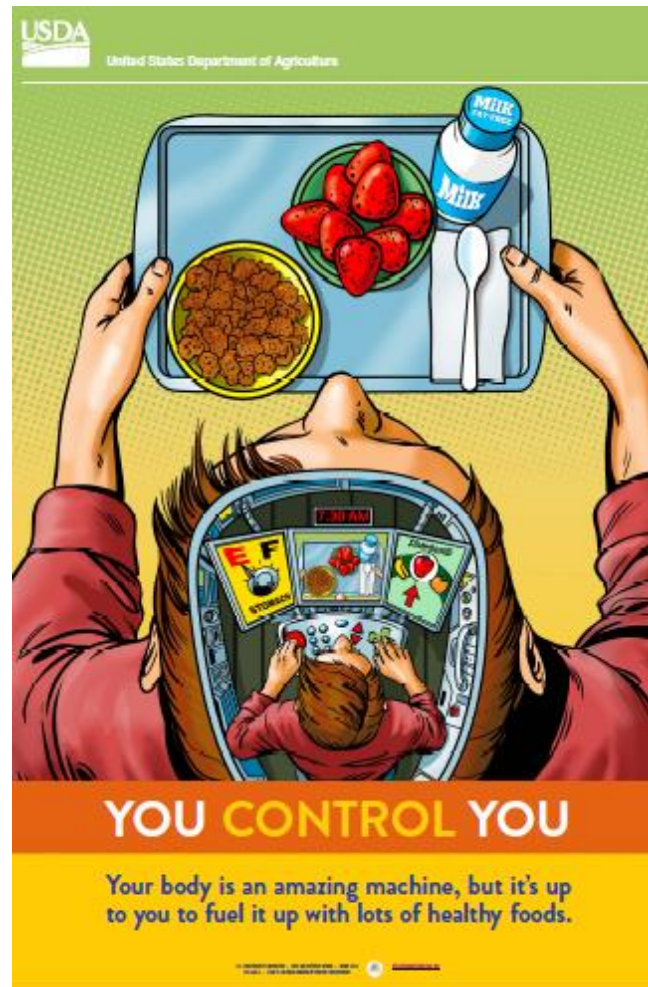
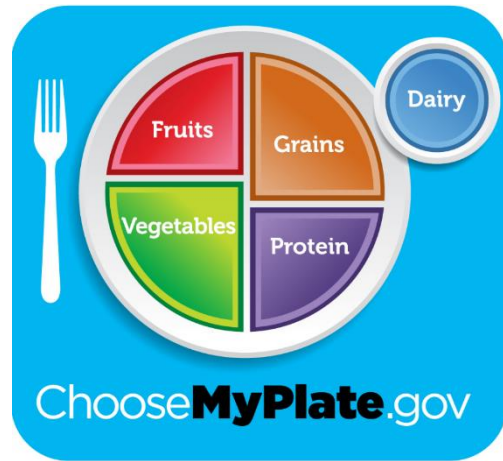


Popular Events Booklet

- Fun ways to promote nutrition and physical activity
- Ideas for 20 themed events, large and small
- Supporting handouts, templates, and other resources



Posters and Stickers



USDA Mixing Bowl

- Household recipes
- Large quantity recipes
- Build menus and shopping lists
- <http://www.whatscooking.fns.usda.gov/>





WARNING

**Daily exercise and
healthy eating may lead to
increased awesomeness.**

carrie.scheidel@iowa.gov

patti.delger@iowa.gov